**Learning Objectives for Module 11: Emotion, Stress, and Health**

After completing their study of this module, students should be able to:

1. Identify the three components of emotion, and contrast the James-­Lange, Cannon­-Bard, and two­-factor theories of emotion.

2. Describe the physiological changes that occur during emotional arousal, and discuss the relationship between arousal and performance.

3. Describe the relationship between brain and other physiological states and specific emotions, and discuss the effectiveness of the polygraph in detecting lies.

4. Explain the role of cognition in emotion, and discuss how neurological processes may enable us to experience some emotions prior to conscious thought.

5. Describe our ability to perceive and communicate emotions nonverbally, and discuss gender differences in this capacity.

6. Discuss the culture­ specific and culturally universal aspects of emotional expression, and describe the effects of facial expressions on emotional experience.

7. Name several basic emotions, and identify some common causes and consequences of anger.

8. Identify some potential causes and consequences of happiness, and describe two psychological phenomena that help explain the relatively short duration of emotions.

9. Discuss the role of appraisal in the way we respond to stressful events, and describe the biology of the fight­-or­flight response as well as the physical characteristics and phases of the general adaptation syndrome.

10. Discuss the health consequences of catastrophes, significant life changes, and daily hassles.

11. Discuss the role of stress in causing coronary heart disease, and contrast Type A and Type B personalities.

12. Define *psychophysiological illness,* and describe the effect of stress on immune system functioning, including its role in the progression of AIDS and cancer.

13. Discuss the controversy over complementary and alternative medicine, and explain how it is best resolved through scientific research.

14. Identify two ways people cope with stress, and describe how a perceived lack of control can affect health.

15. Discuss the links among optimistic thinking, social support, and health.

16. Discuss the advantages of aerobic exercise as a technique for managing stress and fostering well­being.

17. Compare the benefits of relaxation and meditation as stress ­management techniques.

18. Discuss the correlation between religiosity and longevity, and offer some possible explanations for this link